

## MOUNTAIN ADVENTURE PROGRAMS

This following mountain adventure article is part three of a four part series on specific ski school programs located across the country. Mountain adventure programs are designed for skiers who can navigate comfortably on intermediate and advanced trails. If you've reached a plateau in your skiing, want to master shape skis, or have a particular interest like steeps or moguls, you might consider these lesson options.

**Description of Program:** Ski schools may have different names for their lesson clinics but they all offer some type of instruction for intermediate through advanced skiers. These clinics may be taken as a group or private, can vary in length and are offered in both adult and children's programs. Whether you are just getting back into skiing, bored with the standard trails, or looking to challenge yourself, mountain adventure programs may be just what you need to move to a new level in skiing and experience the sport from a different perspective.

**Types Available:** Mountain adventure programs can range from general ski improvement to tips on technique and tactics for skiing different trails and snow conditions. The following list is a brief description of various areas on the mountain where instruction can help you build your technique.

### Moguls:

Moguls are created by loose snow and skier traffic. Although they tend to be one of the most challenging types of trails to ski, taking a lesson can be a lot of fun as you are learning new techniques. Instructors will begin on the easier moguls before moving to more difficult trails. For seasoned bump skiers there are advanced lessons that will work with you on how to improve your current skills for skiing a variety of mogul runs.

### Off-Piste:

Skiing on trails that are not groomed can be challenging at first, but it can also open up terrain that you've never skied before, and areas that have less skier traffic than the main trails during holiday periods. These areas may be on steeper terrain or just parallel a groomed intermediate run. Instructors will guide you through learning a range of techniques for the snow conditions which can vary daily.

### Tree Skiing:

Depending on your resort you may have access to skiing in the "glades" or trees. Instructors will show you how to combine mapping out your path and making quicker turns to explore some of the most beautiful trails many resorts have to offer.

### Introduction to Racing:

Some mountains offer a basic introduction to racing for adults and children in either a private or group lesson. This instruction generally includes a combination of on-hill drills and gate training. Other options for race training include weekend programs where you may have a consistent coach or group of folks that you practice with, and races hosted at local mountains.

### Carving:

One of the most popular interests among parallel skiers is learning to carve. This sensation feels like you have ultimate control of your skis and minimizes the sense of drifting sideways out of control. Some areas offer early morning opportunities to take a lesson while trails are freshly groomed, and there's less skier traffic.

### Steeps:

Many skiers aspire to skiing on a variety of terrain or becoming an "all mountain skier". Taking a lesson in the steeps will help gain the skills you need to be more confident and successful linking turns. Preparation for skiing in steeper terrain begins with a review of pole use, strong leg turning, and practicing short turns.

**Benefits:** Mountain adventure programs are tailored to your expectations regardless of whether you are taking a group or private lesson. These programs are excellent opportunities to reinvigorate your passion for skiing while being guided around the mountain and learning new ways to tackle the slopes.

### **Equipment:**

Alpine skis come in a variety of shapes and sizes depending on the type of trails and snow conditions you are looking to ski. Take your time locating a rental shop that is willing to work with you while trying a couple of different skis. Lessons are a great opportunity to get advice and feedback on new equipment that may be your link to skiing at a new level. Depending on whether you are interested in improving on mogul trails versus learning how to tackle off-piste conditions you may want to try a variety of skis. "All mountain skis" may be one area to consider as they are designed like all wheel drive vehicles and prepared to tackle most everything.

### **Recommendations:**

Check out a resort's ski school programs ahead of time for what is offered, and let the ski school personnel match you with the best program. Mountain adventure programs offer something for every skier, from mastering new skills to an exciting and rewarding day on the mountain.